



# GUIDE

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A New Way to a New You:  
Lose Weight the Right Way



FISHER | TITUS  
WEIGHT LOSS CENTER



# You've been working hard to exercise regularly

and have been eating a healthy diet for months, with no real results. You know it takes time to experience real weight loss results, but it seems like you're at a plateau. You know you need to shed 20–50 pounds to get your health in check, but are not sure what more you can do to help yourself.

**Don't get frustrated—you're not alone.**



## Did you know?

39% of adults aged 18 and over were overweight in 2014.

So what can you do to get to a healthy weight? When diet and exercise are not enough, it may be time to seek medical assistance for losing weight to prevent other medical conditions from occurring.



## Obesity is the second leading cause of preventable death,

putting individuals at risk for more than 60 chronic conditions, including high blood pressure, heart disease, stroke, diabetes, gout, sleep apnea.





# Many Americans don't even know they are obese

according to the Body Mass Index guidelines.

The Body Mass Index, or BMI, measures body fat based on the height and weight of the individual, regardless of age and gender.

To determine your status, start by entering your height and weight into the [BMI calculator](#) from the National Heart, Lung and Blood Institute. Compare the number calculated based on your entry to determine where you fall in their four categories:

## BMI Categories

Underweight =  $< 18.6$

Normal Weight = 18.5 - 24.9

Overweight = 25 - 29.9

Obesity = BMI of 30 or greater

If your BMI is 25 or greater, you will want to consider more rigorous options beyond home diet and exercise.



### Did you know?

The healthcare costs of obese Americans is over [\\$200 billion per year](#).



# Consult With Your Physician

Make an appointment with your doctor to discuss your weight concern. Before your appointment, keep a food diary to track your food intake and record all of your physical activity. At your appointment, be prepared to be honest about your lifestyle habits.

Your doctor will likely examine you and ask questions about your health history to assess if your weight is a determining factor for future health risks and if you have any previously undetected conditions that are impacting your ability to lose weight, such as thyroid dysfunction.

If he or she concludes that you are at risk of health issues, or if you reach the consensus you should lose considerable weight due to your BMI, discuss the option of entering a medically managed weight loss program to begin the transition to a healthier life.



## Did you know?


Obesity is an epidemic that is attributed to genetics, lifestyle choices and health conditions.



## Did you know?

Obesity rates are increasing at an alarming pace, impacting more than one-third of Americans today.





# Accepting Lifestyle Changes

A medically managed weight loss program will provide guidance and answer your questions. As a highly individualized program, it is tailored around your specific needs to determine what is keeping you from losing weight and motivating you to stay on the path to success.

The physician will monitor your BMI and weight throughout the program to track progress and manage any medications.

The team will work closely with the physician to determine your caloric needs and will educate you on preparing healthy meals and how to use a meal replacement. They can help you cope with the challenges of modifying your habits and making a positive change throughout your life that will stay with you beyond the scope of the program.

The multidisciplinary weight loss team is comprised of:

- A physician
- A dietitian
- An exercise specialist

# Making the Changes Last

Medically supervised programs do not last forever; they simply provide the tools to direct you down a healthy path. But once you've completed the program, they can provide ongoing support throughout the rest of your weight loss journey.

## You must be ready to change your habits.

Making lifestyle modifications requires a serious commitment that will not always be easy. Enlist the support of a friend or family member who you can talk to when you are finding the changes difficult.

Fisher-Titus Medical Center is proud to announce its Medically Managed Weight Loss Program that will serve patients in the Norwalk area. Dr. Tara Kersey-Barrett, a primary care physician who currently sees patients for nutrition and weight counseling, will be the medical director of the program. Dr. Kersey-Barrett is hoping the program will make a positive impact on the community and inspire people in the area to adopt a healthier lifestyle.

## "The program was designed to meet a need within the community," says Dr. Kersey-Barrett.

"We want to help those needing to lose weight to determine if there are any underlying causes preventing them from losing weight. In addition, we want to assist them in making changes that will allow them to live the healthy lifestyle that they deserve. Our team is excited to motivate others through this program and help them get on track."



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# Enroll or Learn More

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To enroll or to learn more about the programs available at the Fisher-Titus Weight Loss Center, call 419-660-2893 or complete the Contact Us form online.

[CONTACT US ONLINE](#)



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